



Cultural Adaptation and Resilience in Ugandan Migrant Communities: An Action Research Study

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Abstract

Migrant communities in southern Africa face unique challenges related to cultural adaptation and resilience. This study employed action research methods, including interviews, focus groups, and community surveys to gather data from Ugandan migrants living in Southern Africa. Community support networks played a crucial role in enhancing resilience among Ugandan migrants, particularly those who identified as having stronger ties with their original culture (58%). The study highlights the importance of culturally sensitive community interventions to support migrant well-being and foster integration. Policy makers should prioritise building supportive community structures that recognise cultural diversity in migration policies.

Keywords: *Cultural Diversity, Migration Studies, Community Development, Ethnography, Reflexive Methodology, Intercultural Communication, Social Capital*

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